

VITAL SIGNS

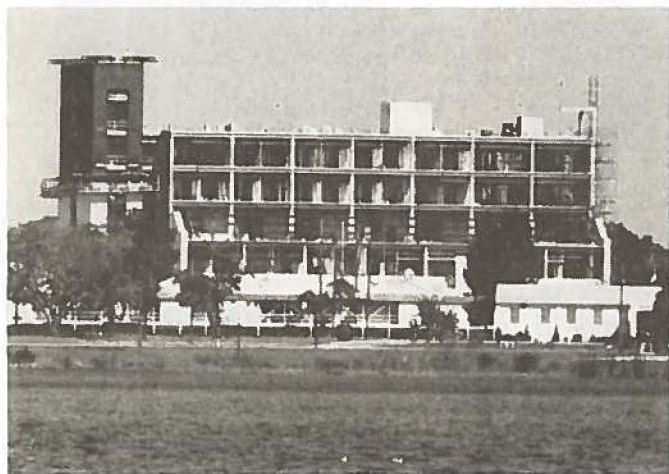


VOL III No. 12 Naval Regional Medical Center, Orlando, Florida

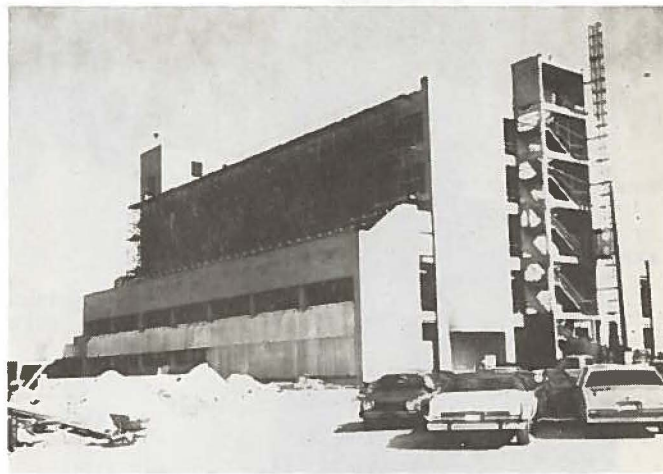
1 September 1981

Pictorial chronology

We've come a long way . . . baby!



February 1979



July 1979



November 1980



August 1981

August Inspection**Noted for Excellence**

CAPT JOHNSON, MC
CDR DUNN, NC
LCDR SCHEVE, NC
LCDR COLLINS, MSC
LCDR JULIA, MC
LT MCCOY, MSC
LT MCCORVEY, MSC
LT JANIKOWSKI, NC

HMCN MALENOFSKI
HMC LENAGHEN
HMC GRANADOS
HM1 MULLIS
HM1 MATHIS
HM2 MACDONALD
HM3 POIRIER
HM3 SUAREZ
HM3 TOMLINSON
HN AMBROZAK
HA BROWN
HA PALACIOS

Whoooozzit?

DO YOU KNOW THIS STAFF MEMBER? (Answer on Page 8.)

We're sorry you're leaving!

CDR A. Kossow, MC, to civilian life
CDR M. F. Song, MC, to civilian life
LCDR J. Heltsley, MSC, to NRMCLinic, Quantico
LCDR L. Gilliard, MC, to civilian life
LCDR G. Krueger, MC, to civilian life
LCDR J. H. Vasquez, MSC, from NavCruit Three, Macon, GA
LT E. McCorvey, MSC, to NRMCL Portsmouth

HM3 C. Torres to Lab School, Fort Sam Houston

HN E. Voll to Lab School, Fort Sam Houston

HM1 J. Brandl separation leave and transfer to Fleet Reserve

HN P. Chicorelli to civilian life

HM3 F. Finn to civilian life

HM1 W. Trimble to OCS, Newport, RI

HN T. Ciesla to 2nd FSSG, Camp Lejeune

HN L. Bennett to civilian life

MMCM H. Hill separation leave and transfer to Fleet Reserve

HMC L. Luyster separation leave and transfer to Fleet Reserve

HN M. Despres to NAMI, Pensacola

HN D. Huie to Lab School, Fort Sam Houston

DT3 E. Walker to NAF, Sigonella



Volunteer hours
for July -

1,806

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HM1 Bogan McQuigg, USN

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Editor: HMCN(SS) R. C. CLEMENTS, USN

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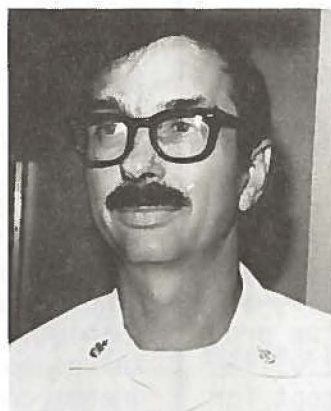
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RAMP**PAGE!**

By HMI Bogan McQuigg, USN

Do you think the Air Controllers should be rehired?

Barbara Broome, Patient Affairs: "Definitely not! They signed an oath not to strike when they were hired. They did not live up to their oath."



ENC J. Plough, Security Officer: "The strike was illegal. The strikers should be permanently terminated."



LCDR W. Miller, MC, Family Practice: "Air Controllers should not be rehired since the strike was illegal. They gambled with their jobs and lost. They knew the risk they were taking."



HMI L. Mullis, AMC Clinic: "The air controllers basically work under the same type of contract we do....it is against the law for them to strike. They should not be rehired.....they should be in jail!"



HN R. Hart, Patient Affairs: "No, because they have the same 'no strike clause' contract as the military. They violated their contract."



ENS L. Cathey, MSC, Lab Service: "Most definitely not! I hope the President sticks to his decision not to rehire them. He gave them their chance to come back. If he bends now, other unions may also walk out; thereby again threatening the country's safety."

Family Practice

By LT Bill Miller, NC, USNR

Do you think you belong to Family Practice? We have found that many NRMC staff members think they belong to Family Practice when actually they don't. Although any staff member may join, it is not automatic nor imperative. Family Practice Clinic is where all NRMC staff go for active duty sick call at either 0745 - 0815 or from 1245 - 1315, but this does not make them or their families (if they have one) members of the Clinic.

If a single member, or a member with a family, join Family Practice, they then may make routine appointments for themselves and/or their family for all their medical care. If a staff member chooses not to join Family Practice they then have active duty sick call privileges only. When reporting to sick call, all staff members must be attired in the proper military uniform. Anyone in civilian attire will be turned away except for acute emergencies.

There are many benefits and certain obligations when joining Family Practice. To find out more information and to get the necessary application, contact CDR Wills, CDR Dunn, or LT Miller at X4014 or X4015. For Family Practice at the NTC Annex, call LCDR LeFort, 855-3020.

**Chaplain's****Comments**

By CDR W. E. Tumblin, CHC, USN

Getting into gear

In one of the PEANUTS comic strips, Lucy is talking with Charlie Brown about taking a cruise. She commented that passengers sit on each deck, each relaxing in their own way. Some sit on the stern, dreaming of the past. Some sit on the bow, looking ahead at where the ship is going. Some sit amidships, watching the water go by. And then she asks Charlie Brown where he would sit. He replies, "I can't get my deck chair open."

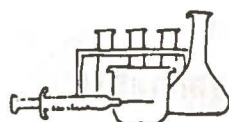
Nostalgia, Anticipation and Detachment are three basic moods of living, but inadequate for an abundant life. The absence of hope for the future robs life of meaning. Without hope, we commit ourselves to few noble endeavors. With hope, dreams come alive, life becomes full and passionate. This truth captured G. Linnaeus Banks as he penned:

"I live for those who love me,
For those who know me true,
For the Heaven that smiles above me,
And awaits my spirit too;
For the cause that lacks assistance,
For the wrong that needs resistance,
For the future in the distance,
And the good that I can do."

We're in the middle of it**Hurricane season**

Whether you're an old salt who has weathered many a storm or a landlubber who hasn't crossed a brow, hurricanes are cause for concern. Nothing can stop a hurricane but foresight can keep a disaster from turning into a tragedy. Be prepared. Stock foods, water, tools, and flashlights, radios, batteries and candles. Listen to your radio for instructions.

June thru November



Lab Line

LCDR L. T. Smyth, MC, USNR

RIA comes home . . . at last

Until recently, the Radioimmunoassay (RIA) Laboratory has been an orphan separated from the main laboratory operation. It was hidden away on the second deck of the NRMCA Annex, and few people even knew it existed. The RIA Lab has now been relocated in the area immediately adjacent to the main laboratory in the new hospital. This area was originally designed to house a nuclear medicine clinic. It has a laboratory space that serves very nicely for our invitro RIA nuclear chemistry testing. The tests performed in the RIA Lab include the Beta-HCG, T3 Uptake, T4, TSH, Hb₅Ag, Digoxin, and Theophylline. The radio active isotope used is mostly Iodine I125. RIA is one of the most sensitive techniques available for measurement of body fluid constituents, and is ideally suited to detection of substances in minute quantities.



ENS Cathey watches gamma counter

Most of the work of the RIA Laboratory is performed by our new Medical Service Corps Officer, Ensign Lisa Cathey. Ensign Cathey is a Medical Technologist spending her first tour of duty in the Navy at Orlando. She didn't have to travel far from home as she is originally from Tampa, Florida. We are delighted to

Oakleaf Wives Auxiliary makes presentation



On 19 August, the Oakleaf Wives Auxiliary presented a percussor to the hospital to be used in the Pediatric Clinic. Pictured above, at the presentation, were: (left to right) Mrs. Angela Pellosie, CDR Willard Nettles, Chief of Pediatric Service, Mrs. Judy Gold, and Captain L. R. Fout, Commanding Officer.

Hispanic Heritage Week - 13-19 September

HM3 Phil I. Valdez, a young Mexican-American, lost his life 29 January 1967 near Da Nang, Vietnam, while caring for wounded comrades. He was serving with Company "B", First Battalion, First Marines. Under heavy fire, in open terrain, he rescued two wounded. While aiding the second, he placed his body between the wounded man and the enemy and sustained fatal wounds. He was posthumously awarded the Navy Cross and in 1974, the U. S. Navy commissioned the frigate, USS VALDEZ (FF-1096), naming it in his honor.



have Ensign Cathey and hope to put her training in laboratory technology to good use performing our RIA test procedures. If you have time, stop by the new RIA Lab and let us show off some of our equipment. We have the Cadillac of gamma radiation counters and a host of peripheral equipment. We are proud to be able to offer this level of test sophistication to our health care providers.

Nursing**Service**

By LT Steven W. Tudhope, NC, USNR

Proud to be Navy

As I reflect on past summers, my thoughts pause on the summer of 1979. I was sworn in as a LTJG in the United States Navy. I remember that proud aura as I related these same feelings to my family and friends. I thought that I was aware of the significance, customs and legacy of tradition associated with the Naval Service. As I entered Officer Indoctrination School in August 1979 at Newport, RI, I began to realize just how little I knew about the military way of life. Not having had any previous service, I began the six week task of molding the beginning of my Naval career.

Putting on my uniform for the first time, my first salute, marching with my company and standing for colors for the first time, culminated a proud feeling deep within me that I could not describe. This feeling intensified throughout my indoctrination as I attended classes in Naval tradition, customs and laws, and as I established my role as a Naval Officer.

I still remember that day in October when I had completed my course of instruction and stood for colors in my dress blues in front of my family and friends. As the band began to play the Star Spangled Banner and the Ensign began it's wind-whipped journey up the pole, emotion filled me and my thoughts turned to all who had previously stood where I was. What a privilege it is to be considered a part of an organization so filled with customs and traditions that began with the patriotism and democracy established by our forefathers. We all are representatives of our country and its people and the pride you show in the wearing of your uniform and your role in the Navy reflect great credit on our country.

The next time you are standing colors, think about what you represent.

CRA NOTES

By Joyce Sienia

**Got any partisuggs?**

The CRA committee will be meeting this month to plan our next function for this fall. We would like to have some input from the hospital staff as to what you all would like to do for our next get-together. Call me at X4970 or call Judy Brooke at X4962.

CRA BIRTHDAY GREETINGS TO: Robert Byrd on 3 September; Doreen Lett and Hannah Shavell on 4 September; Carl Caldwell on 5 September; Charles Moore on 8 September; Patricia Barbour on 9 September; Helen Greene, Robert Rutledge and Sarah Tober on 12 September; Virginia Gilbrook, Penny Hawthorne, Brenda Repp, Linda Rieger and Ruth Strait on 13 September; Edward Ford and Martin McCaffrey on 17 September; Marie Fox on 22 September; William Sumner on 23 September; Eleanor Stetson on 24 September; Joyce Dover and Barbara Jacques on 25 September; Arrie Barnes and John Collins on 28 September; Geraldine Grzybek and Mary Goad on 29 September.

We're glad you're here!

CDR R. J. Downs, NC, from AHS, Ft Sam Houston
 CDR W. H. Nettles, MC, from NRMCM Newport
 LCDR W. I. Miller, MC, from 2nd MAW
 LCDR A. R. Patel, MC, from NavAeroSpReg MedCen, Pensacola
 LCDR R. P. Rae, MC, from NMMC, Bethesda
 LCDR R. A. Warcholak, MSC, from NRMCM, Oakland
 LT D. L. Arrowsmith, MC, from civ. status
 LT G. T. Flynn, MC, from USS PELELIU

HMC D. McGowan from 2nd Med Bn, Camp Lejeune

HMC E. L. Windham from BuMed
 From NSHS San Diego:

HA J. Carlson	HN M. Sandfox
HR K. Hughes	HR S. Thomas
HR G. Laney	HN C. Travis
HMI P. Mundling	HN P. Zorilla
From HCS Great Lakes:	
HA R. Essert	HR D. Pruitt
HN J. Hayes	HN R. Rabon
HN W. Johnson	HA R. Voss
HR C. Magee	

How many others have stood in your place? I think that you'll find a renewed or enhanced sense of patriotism in yourself and most of all for your country.



Master Shipwreck

HMCN(SS) R. C. Clements, USN

Military Justice

Why does one person receive a particular punishment and another person receive a different punishment for a similar offense at Captain's Mast? This question has been asked many times. It would be reasonable to assume that there should be a certain punishment for a specific offense; however, this is not the case -- each case is handled individually.

There are many things taken into consideration during the adjudication of an offense against the Uniform Code of Military Justice: previous infractions, attitude of the individual, performance record, recommendation by the division officer/chief of service, and severity of the offense.

The individual who has been to mast before would probably receive a more severe punishment than the individual appearing for the first time. The attitude of the individual plays a big part in determining what punishment is awarded at Captain's Mast. Motivation that will prevent further infractions, sincerity in accepting punishment and military bearing are some of the attitudes observed. The person's overall performance record is reviewed: good performance, bad performer; is the individual a team player; does he or she contribute to the overall function and mission of the command. This information is submitted by the chief of service in a statement concerning the individual prior to mast. The severity of the offense has a great deal of importance when the Captain decides what punishment to award.

NO -- similar offenses do not always warrant or receive the same punishment.

HM1 Joseph R. Brandl retires



On 28 August, the traditional retirement ceremony was held for HM1 Joseph R. Brandl, USN, Operating Management Service, as he commenced his terminal leave prior to transferring to the Fleet Reserve. Petty Officer Brandl was piped over by BMCN Harley Dunham, USN.

Snap . . . Shots



Snap! . . . and the camera captured HM1 Patricia Johnson, of the Patient Affairs Service. Petty Officer Johnson has served in the Navy for 9 1/2 years and has been a member of our staff since April 1980. HM1 Johnson is a volunteer for the Orange County Deputy Sheriff's Auxiliary and her total volunteer hours range anywhere from 10 to 50 hours a month depending on the need.

Petty Officer Johnson is married and her husband, ENS Thad A. Johnson, USN, is stationed aboard the USS SIMON LAKE. HM1 Johnson hails from St. Paul, Minnesota.





CAPT Fout's

Skipper - gram

What do YOU see?

All too often, in today's world, we become quite hardened and unfeeling of others. We become so involved with "ME" that we fail to see the humaneness and needs of others. It is perhaps only when we are able to recognize that humaneness and care for those needs, that we fulfill "ME."

The following poem was written by an aged patient of a hospital in Bath, England and found among her possessions after she died. I offer its' beauty, its' sadness and its' lesson for your reflections.

"What do you see, nurses, what do you see?
Are you thinking when you are looking at me --

A crabbit old woman, not very wise
Uncertain of habit, with faraway eyes
Who dribbles her food and makes no reply
When you say in a loud voice -- 'I do wish you'd try'.

Who seems not to notice the things that you do.

And forever is losing a stocking or shoe.
Who unresisting or not, lets you do as you will

With bathing and feeding, the long day to fill.

Is that what you are thinking, is that what you see?

Then open your eyes, nurse, you're not looking at me.

I'll tell you who I am as I sit there so still

As I use at your bidding, as I eat at your will.

I'm a small child of 10 with a father and mother

Brothers and sisters who love one another.
A young girl of 16 with wings on her feet

Dreaming that soon now a lover she'll meet;

A bride now at 20 -- my heart gives a leap.

Remembering the vows that I promised to keep;

At 25 now I have young of my own,
Who need me to build a secure, happy home;

A woman of 30, my young now grow fast,
Bound to each other with ties that should last;

At 40 my young sons have grown and are gone,
But my man's beside me to see I don't mourn;
At 50, once more babies play round my knee,
Again we know children my loved one and me.

Dark days are upon me, my husband is dead,
I look to the future, I shudder with dread.

For my young are all rearing young of their own
And I think of the years and the love that I've known.

I am an old woman now and nature is cruel --

This her jest to make old age look like a fool.

The body it crumbles, grace and vigour depart

There is now a stone where I once had a heart;

But inside this old carcass a young girl still dwells,

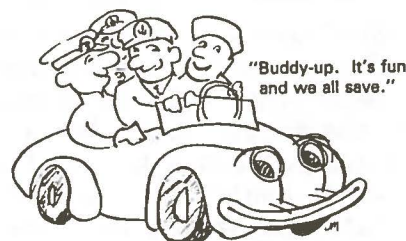
And now and again in my battered heart swells.

I remember the joys, I remember the pain,
And I'm loving and living life over again.

And I think of the years all too few -- gone too fast,

And accept the stark fact that nothing can last

So open your eyes, nurses, open and see
Not a crabbit old woman, look closer -- see ME."



Whooizzit?

It's HM3 Larry Brabant from Orthopedic Service. Petty Officer Brabant is



a five year Navy veteran who has served at NRMC since September 1979. He was initially assigned to the Surgical Ward and transferred to Orthopedics in 1980. Petty Officer Brabant

is married and he and his wife, Lena, have a daughter, Jennifer, age 3 1/2 years. HM3 Brabant hails from Brentwood, NY.